BOOKING INFORMATION

• Call us today! We can check our availability and immediately make a provisional booking for you.
• We will send you Parent’s A-Z Guides and Student Welfare Forms
• We ask you to then review, sign and return the school booking forms by email or post.
• Please pay the deposit within 21 days of booking date

SOME FINAL TIPS AND TRICKS:

• It’s a good idea to mark clothing and personal items clearly and get a complete list of items brought into your child’s suitcase or bag. Our camp instructors can then help your child with their packing to go home.
• Please note that rooms are available for the morning but not for outdoor activities.
• We advise your child not to bring valuable items or expensive clothing with them. We cannot be held responsible for lost property.
• There is limited phone coverage and wifi in the Delphi Valley - wifi password is available on request.
• Students won’t need much in terms of digital gadgets as they will be kept busy from morning until night!
• Most activities may involve getting wet at some point, so please make sure your child has plenty of spare, dry clothes to change into.

TICK AS YOU PACK

NAME: ____________________________

1. T-SHIRTS
2. THERMAL TOPS
3. JUMPERS/HOODIES
4. FLEECE TOPS
5. THICK AND THIN WALKING SOCKS
6. SYNTHETIC TROUSERS FOR WALKING
7. TROUSERS FOR EVENINGS
8. 2 PAIRS OF SUITABLE SHOES
9. HILLWALKING BOOTS - ESSENTIAL FOR GAISCE AWARD PARTICIPANTS
10. UNDERWEAR
11. PYJAMAS
12. SHORTS
13. HAT AND GLOVES
14. TOWELS AND SWIMWEAR
15. PLASTIC BAGS
16. WATER BOTTLE
17. TOILETERIES
18. SLEEPING BAG AND PILLOW
19. WATERPROOFS
20. PRESCRIBED MEDICATION

BE PART OF THE ADVENTURE | +353 095 42208 | info@delphiresort.com | www.delphiresort.com
MULTI-ACTIVITY SCHOOL TOURS

Suitable for ages 10-18 years

Experience a fun-filled adventure
Bulid friendships and lifelong learning
Learn to survive the outdoors

TOURS ARE TAILORED TO SUIT YOUR CHILDREN, AND WE HAVE 30+ YEARS EXPERIENCE

EARN YOUR GAISCE AWARD AT DELPHI!

Gaisce is an Irish award earned by young people, when they participate in several activities for a certain length of time. It is possible to earn a gold, silver or bronze Gaisce award. At Delphi Resort, we organise a multi-activity programme for students to work to achieve a silver or bronze award.

Minimum of 8 students needed to compete for the silver or bronze award.

**GAISSCE - THE PRESIDENT'S AWARD**

Suitable for ages 15-24 years

Experience a fun-filled adventure
Bulid friendships and lifelong learning
Learn to survive the outdoors

What do they need to bring?

- 

- Rain gear
- Small rucksack
- Standard kit - see packing checklist in this brochure

To achieve the bronze gaisce award

- Choose one of the following activities:
  - Bushcraft/Survival
  - Orienteering
  - High Ropes and much more...

To achieve the silver gaisce award

- Choose one of the following activities:
- Zip'n'trek
- Archery
- Raft building
- Sports Council Code of Ethics in Children's Sport

To achieve the gold gaisce award

- Choose one of the following activities:
- Surfing
- Enerysing Games
- Gaisce programme candidates must complete each part of the programme before they can take part in other activities.

It is essential that Gaisce participants are prepared physically for the programme days. If not, they may prevent others in the group from finishing.

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Minimum of 8 students needed to compete for the award.

**SAFETY AND SUPERVISION**

Safety is of prime importance at Delphi Resort. We consider this to be our single most important responsibility to the parents and guardians of our students. All staff are trained to think and act ‘safety first.’ We provide 24 hour supervision and have the necessary equipment for safety.

All equipment and safety procedures will be detailed in the Gaisce brochure.

All staff are familiar with handling the complex and specialist equipment.

Safe and secure: End of this brochure

Delphi Resort have over 25 years of experience in outdoor education.

Fully qualified instructors.

**EARN YOUR GAISSCE AWARD AT DELPHI!**

The programme is specialised and must be completed by all students to contribute and spend quality time outdoors. This translates to work to achieve a bronze or silver Gaisce award.

*Surfing is subject to availability

**SPEOPLE**

- 


- Delphi Resort have over 25 years of experience in outdoor education.

- Fully qualified instructors.

**ACTIVITIES**

- KAYAKING & CANOEING
- ABSEILING & CLIMBING
- ZIP’N’ TREK & ARCHERY
- BUSHCRAFT, SURVIVAL
- SURFING & BUNGEE JUMPING
- ORIENTEERING & CAMPFIRE
- ROPE AND MUSCLE WORK...

Suitable kit to include:

- First aid kit
- Toothbrush and paste
- Flannel
- Insect repellent
- Sunscreen
- Sun hat
- Rain gear
- Rucksack
- Water bottle
- Walking shoes

**TYPICAL 2 DAY, 2 NIGHT TOUR!**

Whether visiting for one day or an entire week, each day is packed with adventure and excitement: a lot more dimensions to the learning experience.

**SAMPLE DAILY MENU**

**BREAKFAST**

Suitable for vegetarians, coeliacs, dairy-free, fruit and oil.

**LUNCH**

- Selection of cereals, toast, sausages, beans, fruit juices and tea
- Selection of hot and cold dishes (including vegetarian dishes)
- Dessert/cold meat selection also available

**SUPPER**

Served in rotation:

- Shepherds pie, salad and potato
- Stir fried vegetables with egg noodles
- Homemade vegetable soup, fresh crusty roll (filling options: ham, chicken, cheese, salad)
- Fruit and Mi-Wadi

**DAILY OPTIONS**

Day 1

- 8AM-9AM: Selection of cereals, toast, sausages, beans, fruit juices and tea
- 9AM-10AM: Enerysing Games
- 10AM-11AM: Bushcraft/Survival
- 11AM-12PM: Orienteering
- 12PM-1PM: High Ropes and much more...
- 1PM-2PM: Campfire

Day 2

- 8AM-9AM: Selection of cereals, toast, sausages, beans, fruit juices and tea
- 9AM-10AM: High Ropes and much more...
- 10AM-11AM: Campfire
- 11AM-12PM: Orienteering
- 12PM-1PM: Bushcraft/Survival
- 1PM-2PM: Enerysing Games

**DAILY OPTIONS**

Day 3

- 8AM-9AM: Selection of cereals, toast, sausages, beans, fruit juices and tea
- 9AM-10AM: High Ropes and much more...
- 10AM-11AM: Bushcraft/Survival
- 11AM-12PM: Orienteering
- 12PM-1PM: Campfire
- 1PM-2PM: Enerysing Games